

Zung Self-Rating Depression Scale (SDS)



Reply to questions using one of the four replies below (A – D)

A – Little or none of the time

B – Some of the time

C – A large part of the time

D – Most or all of the time

	A	B	C	D
	Little or none of the time	some of the time	A large part of the time	Most of the time
1. I feel downhearted and blue	1	2	3	4
2. Morning is when I feel the best	4	3	2	1
3. I have crying spells or feel like it	1	2	3	4
4. I have trouble sleeping at night	1	2	3	4
5. I eat as much as I used to	4	3	2	1
6. I still enjoy sex	4	3	2	1
7. I notice that I am losing weight	1	2	3	4
8. I have trouble with constipation	1	2	3	4
9. My heart beats faster than usual	1	2	3	4
10. I get tired for no reason	1	2	3	4
11. My mind is as clear as it used to be	4	3	2	1
12. I find it easy to do the things I used to do	4	3	2	1
13. I am restless and can't keep still	1	2	3	4
14. I feel hopeful about the future	4	3	2	1
15. I am more irritable than usual	1	2	3	4
16. I find it easy to make decisions	4	3	2	1
17. I feel that I am useful and needed	4	3	2	1
18. My life is pretty full	4	3	2	1
19. I feel others would be better off if I was dead	1	2	3	4
20. I still enjoy the things that I used to	4	3	2	1

Some questions ask the information positively and others negatively but in all cases the **symptom severity is Scored from 1 to 4. The total score is often converted to a 100 point scale (SDS index)**

SDS Index = (score / 80 total points) x 100 or SDS Index = score x 1.25